



COMPASSPOINTS

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An Ounce of Prevention...



"We know that the basis for success in school and overall in life comes from good social and emotional development..."

"Long before children speak, they communicate their feelings, needs, and wants through their behavior or 'cues'. Some babies' body language or 'cues' are easy to read, and others are less easy to read. By observing and paying attention to your baby's body language, you can learn whether your baby feels like watching quietly, needs to be soothed or comforted or wants to play. The key is to learn the special language."

That quote from a publication by the University of Washington describes a unique program that was developed by Directions for Mental Health more than 20 years ago. The program, Early Childhood Consultation (ECC), gets involved when parents are not successfully reading their baby or toddler's "cues", and as a result, frustration is mounting.

"Our job as Early Childhood Consultants is to teach the parents how to read the cues, meet the child's needs and to help the parents to parent in ways that are age appropriate, secure (attached) and successful," says Lucie Malinski, who has been with the program since its inception. "We know that the basis for

success in school and overall in life comes from good social and emotional development, and we want to help at the earliest possible time, before miscommunication becomes a more serious problem."

The staff of ECC function much like "Nanny 911", and provide hands-on training to parents in their own home; helping them implement effective strategies for whatever parenting challenge they are facing. When surveyed one year after receiving services, 91% of parents report that their child is doing well in school or day care and they continue to feel confident in their ability to implement effective parenting techniques. ECC staff also provide consultation and support to day care providers, and participate in early childhood screening and diagnostic committees throughout our community. This extremely popular and effective program is currently operating at a deficit, and welcomes contributions. Directions for Mental Health is a 501(c)(3) non-profit organization and contributions are deductible to the extent the law allows.

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DIRECTIONS is a quarterly publication of Directions for Mental Health, Inc., a private nonprofit community mental health organization serving Pinellas County.

2006 CARF Accreditation Survey HIGHLIGHTS

The written results of Directions' CARF accreditation survey were received in the fall. The following programs received maximum three-year accreditation using the integrated standards for both mental health and substance abuse services:

- Case Management /Services coordination for children and adults
- Crisis Intervention for adults
- Day Treatment for adults
- Outpatient Treatment for children and adults
- Prevention / Diversion Services for children and adults
- Supported Living for adults.

Accreditation signifies that programs meet high national and sometimes international standards for proven effectiveness, participant safety, satisfaction and efficiency. Among mental health providers, one of the most widely accepted accreditation bodies is CARF, which accredits programs at similar organizations in multiple countries.

The following comments on organizational strengths were excerpted from the written survey:

- The organization has strong and committed staff members who exemplify diversity, compassion, care and team participation.
- There is a high degree of satisfaction as communicated by the persons served and other stakeholders.
- The organization maintains multiple collaborative programs with community partners such as schools, police departments, and the health department.
- Directions has a unique competency to provide services in and training in multiple models of evidence-based practices for traumatized children.
- The organization enjoys a particularly positive reputation among funding sources and other stakeholders who respect the organization's integrity, creativity and effectiveness.

In addition, the governance practices and standards for professional review were rated exemplary.

Save the Date for **SAFARI NIGHT**

FRIDAY, APRIL 27, 2007

Innisbrook Resort & Golf Club, Palm Harbor

Make your plans now! Each year, Directions for Mental Health celebrates the organization's work in the community with a dinner and silent auction. The 2007 event will be held on **Friday, April 27 at the Innisbrook Resort and Golf Club in Palm Harbor**. A fun evening is guaranteed with a silent auction, fabulous dinner, program, music by a live band, door prizes and many guests and volunteers dressing in keeping with the "Safari Night" theme.



The upcoming event will begin at 6:30 PM with a social hour, cash bar and the opening of the silent auction. Local businesses and community leaders will be recognized and guests will be treated to a brief but insightful education through client and keynote speakers. In fact, just a few minutes of a client's story will make you glad you went on this Safari Night adventure. Proceeds of this year's event will benefit Directions' programs that provide services for children exposed to abuse and neglect.

For reservations, auction and pro bono donations or information on corporate sponsorship opportunities and ticket purchase, please contact Kay Guenther, Directions, 727-524-4464, x1700 or kay.guenther@directionsmh.org.

Directions for Mental Health, Inc.

presents various community classes throughout Pinellas County.



These include early childhood workshops, parenting classes and ACT: Adults and Children Against Violence Training Program for parents/caregivers.

Please call 547-4566, ext. 121 or 122 for registration and information.

Business Partners

Special thanks to the growing number of members in our Business Partnership Program for their generous support!

ALMA Respiratory & Medical Services
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Call **(727) 524-4464, x1700** to find out how your company can become a member of Directions' Business Partnership today.

Help Us Heal the Hurt...



Name _____ Phone _____

Address _____ City _____

State _____ Zip Code _____ Email Address _____

Please send more information about: *(check choices)*

- All of Directions' Programs Children & Family Services Elderly Services Homeless Services
 Adult Day Treatment Employment/Training Opportunities Volunteer Opportunities Planned Giving Ideas

Yes, I want to make a difference at Directions. Visa - MasterCard - Discover accepted for donations.

Individual \$25 \$50 \$100 \$250 \$500 \$1,000 \$_____ Other _____

Business \$100 \$300 \$500 \$500 \$1,000 \$_____ Other _____

Detach and mail to:

Making a Difference, Directions for Mental Health, Inc.
1437 S. Belcher Road, Clearwater, FL 33764

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Reasonable accommodation is provided to qualified individuals with disabilities. Selected programs at Directions have been accredited by CARF – The Rehabilitation Accreditation Commission.

Sponsored in part by: Florida Department of Children & Families, Juvenile Welfare Board of Pinellas County, U.S. Department of Housing & Urban Development, Florida Department of Law Enforcement, Pinellas County Community Foundation, Pinellas County Government, Pinellas County Substance Abuse Advisory Board, and United Way of Tampa Bay.

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